



Caring for our Community



A Community Health Plan
Roseau County, MN
2013

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Introduction

A Community Health Needs Assessment (CHNA) looks at the health of a community by using data and collecting community input. CHNAs look at community health from a big-picture view and consider risk factors, quality of life, mortality, morbidity, access to health care and more. A CHNA assists in developing, implementing and evaluating community health programming for the overall purpose of improving the health of the community. A CHNA creates awareness of comprehensive health care services, promotes collaboration and partnership and improve communication across health sectors. Under the new health care reform regulations, hospitals are now required to report the details of their assessment of their community's current health status, health outcomes and unmet needs. LifeCare Medical Center welcomes this opportunity.



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Executive Summary

In March 2012, a local Community Health Board serving Northwestern Minnesota, Quin County Community Health Services, along with the four community hospitals in the five-county Quin County Community Health service area, began discussing upcoming community health needs assessment requirements for both public health and non-profit hospitals.

Quin County Community Health Services is a not for profit organization which provides financial oversight, grant management and administrative support for state and federal public health funds. The Community Health Board includes a public health nurse from each of the five Quin counties; Roseau, Kittson, Pennington, Marshall and Red Lake. Kittson Memorial in Kittson County, LifeCare Medical Center (LifeCare) in Roseau County, Sanford Medical Center Thief River Falls in Pennington County and North Valley Health Services in Marshall County, are the four community hospitals located within this area.

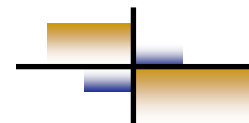
As a result of the Community Health Board meetings, it was determined that a Community Health Needs Assessment (CHNA) Steering Committee would be formed. This committee would partner to collaboratively assess, gather and report community health information that would be valuable to all entities based on their respective reporting requirements.

The CHNA Steering Committee consisted of at least one public health representative from each of the five counties and one hospital representative from each of the four hospitals.



The CHNA Steering Committee included two public health nurses from LifeCare Public Health, which services Roseau County, and a member of the LifeCare Medical Center marketing department.

LifeCare Public Health was instrumental throughout this process in providing key information regarding the needs of the underserved and low-income populations in Roseau County.



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Through work of the steering committee, a variety of community focus groups were held. Results from these meetings, in addition to the findings established by reviewing a vast amount health statistics, identified health needs of the community.

A subgroup of the steering committee, consisting of the LifeCare Medical Center members, Director of LifeCare Public Health, a LifeCare Public Health Nurse and the Development Coordinator, did the analysis and began the prioritization process.

They identified the top health issues by using these criteria:

- The impact of potential health improvement
- The urgency of the problem
 - ♦ Numbers from one to five were assigned
 - ♦ One was the least critical to impacting health and the least urgent
 - ♦ Five was the most critical to impacting health and an urgent need

Five health issues came to top as the main concerns for our community.

These top five community health needs are,

1. Mental Health
2. Obesity
3. Positive Parenting
4. Prescription Drug Abuse
5. Tobacco Use



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Mental Health

Mental Health issues seem to touch every age level. There were multi-faceted needs identified in the child/adolescent, parents and working adults and elderly. The issues and needs ranged from undiagnosed mental illness to reluctance to get treatment and access to treatment. Additionally, the county jail has a disproportionate amount of inmates with some type of mental illness. Also, changes in statewide mandates and availability of regional treatment centers have added stress to local organizations that need to transfer or refer mentally ill patients.

Obesity

On a national level, obesity has been a priority of many health policies both nationally and statewide. Statistically, Roseau County has a large number of overweight residents. Community discussions revealed this as a health problem in nearly every one of the meetings that were conducted. Lack of exercise options for kids, the need for more walking/biking trails, poor eating habits resulting from reduced household income, busy parents and lack of interest were listed as contributing reasons for this trend.

Positive Parenting

Many local groups who serve children indicated that adults who possess positive parenting skills seems to be declining. Whether due to financially strapped and physically tired parents, generational poverty or unmanaged/untreated mental illness, more children ages 0-18 seem to have a lack of rules, routines, follow through and supervision. There also seems to be an increase in grandparents raising their grandchildren. Schools, daycares and organizations serving youth have seen increases in youth violence, anti-social behavior and bullying

be an increase in grandparents raising their grandchildren. Schools, daycares and organizations who serve youth have seen increases in youth violence, anti-social behavior and bullying as a result.





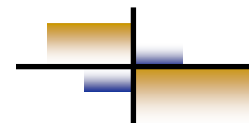
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Prescription Drug Abuse

Prescription drug abuse was mentioned most frequently as a problem adversely impacting both youth and adults. Although statistical data does not exist, many comments surrounding prescription drug abuse were brought up by employer groups, school officials, and health officials. The issues of prescription drug abuse may be caused by access to medication at home, more adults continuing longer than necessary on pain medication and education regarding the disposal of no longer used medications. Additionally, synthetic drug use, while not mentioned as frequently, is also being seen as an emerging potential problem.

Tobacco Use

Statistically, Roseau County and the Quin Community Health Services area have a higher than state average of both youth and adults using tobacco products. Through community discussions in Roseau County, smokeless tobacco seems to be more of a prevalent problem in our youth. This is also the trend with current smokers who often times transition to smokeless tobacco in an effort to use the products while working and not have to wait for a break to have a cigarette. .



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Implementation Strategies

Mental Health

As a newly identified health issue for Roseau County, LifeCare will utilize existing resources and research potential partnerships to identify and implement strategies to improve the mental health of Roseau County residents. Specifically, LifeCare will:

- ◆ Develop a marketing plan to inform people about Behavioral Health Services available at LifeCare Medical Center
- ◆ Convene a “Mental Health Summit” to map out and assess mental health needs, services and potential gaps in services with area health providers, employers, schools and interested agencies
- ◆ Develop a dialogue with other area mental health providers to identify potential partnerships and expansion of services to meet the needs of all county residents.



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Implementation Strategies

Obesity

From 2008-2011, the Minnesota Department of Health's Statewide Health Improvement Program (SHIP) grant provided Quin Community Health Services funding to work on wellness initiatives that covered nutrition and exercise throughout our region. LifeCare Public Health which is a member of Quin Community Health Services received funding for a part-time position under this grant funding. The SHIP position coordinated activities of this grant-funded program and brought together partners from across the continuum such as employers, schools, and healthcare facilities to address obesity and other health issues.

Quin Community Health Services will once again receive SHIP funding in 2014 to work on sustainable, population-focused, evidence-based changes to the policies, systems and environments to make it easier for people to incorporate healthy behaviors in their daily lives. As part of Quin, LifeCare will continue to commit the resources of staff time, meeting space and expertise in order to address the areas of exercise and nutrition in communities, schools and worksites.

In addition, LifeCare provides or facilitates the following services, training and education to enable Roseau County residents to eat better and be more physically active. These will be continued in the future.

LifeCare hosts 24 hour on-site wellness centers in the communities of Roseau, Warroad and Greenbush



- ◆ LifeCare hosts 24 hour on-site wellness centers in the communities of Roseau, Warroad and Greenbush
- ◆ Yearly education is provided to the community on healthy eating through well-known speakers or chefs.

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Implementation Strategies (Obesity)

- ◆ Am I Hungry? Mindful Eating Workshops designed to teach participants the concept of mindful eating and the diet-free approach to weight management are available to community members.
- ◆ Trained staff are available for health fairs at local employers or at community events
- ◆ Matter of Balance classes are available in each community each year to enable older adults remain active.
- ◆ LifeCare in partnership with the Roseau Diabetes Center facilitates an “I Can Prevent Diabetes” class yearly.

Additional community resources available in Roseau County Include:

- ◆ Community Education offered in each of the five school districts has multiple opportunities for exercise and nutrition programs.
- ◆ Schools in Roseau and Warroad offer indoor swimming pools and related programs for physical fitness.
- ◆ City Park and Recreation programs offer multiple activities in the summer for youth to participate in sports such as baseball, softball and golf.
- ◆ A variety of exercise classes such as Zumba and Yoga are available in each of the four communities.
- ◆ Local high schools have weight rooms available for students age 12 years and older.



- ◆ Bone-Builders classes are available in the communities of Roseau, Greenbush and Badger to help the elderly remain active and strengthen bones.
- ◆ Roseau County employs a Nutrition Educator who works with low-income families in the area of nutrition counseling and healthy eating.

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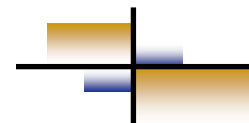
Implementation Strategies

Positive Parenting

While LifeCare Medical Center does not have the expertise to implement strategies for this area of concern, we have related programs to help new parents navigate the first few years of their baby's life.

- ♦ LifeCare offers prenatal classes to expectant parents. Topics include car seat safety, nutrition, immunizations, baby care and Sudden-Infant Death Syndrome.
- ♦ LifeCare Public Health nurses offer an in-home well-baby checkup in the first few weeks after discharge from the hospital and provide education on maternal health, newborn care and assist in any concerns from parents.
- ♦ Additionally, LifeCare Public Health continues to send educational information regarding infant, toddler and preschool development and promotes positive parenting strategies to parents of babies born at LifeCare Medical Center.

We will offer support and education in topics such as exercise, nutrition, health and well-being when requested by our partners in Roseau County who have the expertise to work in-depth on positive parenting issues. These organizations include Northwest Community Action, Women, Infant and Children programs, Roseau County Social Services, Head-Start and Early Childhood and Family Education programs.





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Implementation Strategies

Prescription Drug Abuse

Issues surrounding prescription drug abuse vary from easy access to prescription drugs in the home, increasing frequency of prescribing narcotics and proper disposal of unused drugs.

- ♦ LifeCare will partner with local law enforcement agencies, pharmacies and clinics to explore ways to increase disposal sites for prescription medication and increase the frequency of disposal site use.
- ♦ LifeCare has been invited to participate in a community coalition that will be applying for a grant focusing on reducing the use of Alcohol, Tobacco and Other Drugs. LifeCare Public Health will participate in this coalition.
- ♦ LifeCare will explore ways to increase community education on the misuse of prescription drugs and find ways to collaborate with local pharmacies on these educational plans.



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Implementation Strategies

Tobacco Use

The previous SHIP grant received by Quin Community Health Services laid the ground-work for implementing strategies to reduce tobacco use by Roseau County residents.

- ◆ As a result of this, LifeCare Medical Center now has a trained facilitator in the “Freedom from Smoking” program available for community education and onsite employer education and will commit to providing this resource to requesting organizations.

LifeCare, through our Public Health nurses, will explore ways to partner with and assist Quin Community Health Services as reinstated 2014 SHIP funding requires work on smoke-free housing.

- ◆ We will assist with any additional activities in to encourage our residents in “Tobacco Free Living” under the SHIP funding.

Additionally, LifeCare Medical Center facilitated the successful grant application of a regional tobacco grant offered by the Minnesota Department of Health: “Tobacco-Free Communities”. This five-year tobacco grant will work towards reducing tobacco usage in the five county area of Northwestern Minnesota.

- ◆ LifeCare has committed the time and expertise of one of our public health nurses to assist the regional “Tobacco-Free” Coordinator in activities that directly affect Roseau County and its residents.

